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EAT WELL, AGE WELL.

POTASSIUM-RICH FOODS AND RECIPES.

Potassium comes from a variety of food sources. Some of the most nutrient-dense sources include bananas, spinach, oranges, cantaloupe, apricots, sweet potatoes, avocados, milk, yogurt, beans, lentils, whole grains and fish such as salmon. Therefore, it is important to eat a healthy balance of fresh foods to meet our daily needs for potassium. Regularly consuming fruits and vegetables which are naturally low in sodium and high in potassium can also help control blood pressure which may decrease risk factors for heart disease.

Potassium is important for the body because it helps regulate nervous system functions, muscle contractions, and blood pressure, and it allows the kidneys to filter the blood properly.

Try the recipe listed below for a potassium-rich dinner of grilled salmon with sweet potatoes, spinach, and mushrooms, all of which are great sources of potassium.

<https://recipes.sparkpeople.com/recipe-detail.asp?recipe=272913>

WEEKLY CHALLENGES

MAKE A LIST OF FOODS YOU ENJOY THAT ARE HIGH IN POTASSIUM

THREE DAYS THIS WEEK, START THE DAY WITH A POTASSIUM-RICH MEAL

TWICE THIS WEEK, INCORPORATE A POTASSIUM-RICH FOOD CHOICE IN EVERY MEAL OF THE DAY

DID YOU KNOW?

Dried apricots are the richest source of potassium per serving, providing 23% of daily needs per ½ cup.

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Potassium Rich Foods and Recipes*.
- Placemat/handout – Pear Salad
- Table Tent- Potassium Rich Foods
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – Potato Boats
- Table Tent- Orange Foods

Week 3: Give out/Post

- Placemat/handouts – Purple and Green Salad
- Table Tent- Bananas, Prunes, Spinach

Week 4: Give out/Post

- Placemat/handout- Guacamole
- Table Tent- Benefits of Potassium

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments pam.vankampen@gwaar.org